

Pre-recorded messages on a variety of topics related to child care, health, and development are available 24 hours a day. Call the Warmline and speak with an operator if you would like a complete list of the 1,500 topics available.

How to Use Warmline, Step by Step

1. Dial 1-888-574-5437.

The Warmline is now “Voice Activated”. You can choose to speak your responses or you can continue to use your keypad on your phone.

2. Follow the prompts to select your language preference. You can say or press “1” to listen to a topic 24 hours a day. You can say or press “2” to speak to a consultant Monday through Friday 8 am to 5 p.m.

3. To listen to a topic, enter the topic number on your keypad. Or you can speak “keywords” and follow the menu prompts to get to the topic you desire. For example, say “TANTRUMS” to pull up topics that include information on temper tantrums.

4. Follow the prompts to navigate through the topic:

- To end the topic at any time during play, say “SKIP”, or press “1”.
- To repeat topic from the beginning, say “REPEAT” or press “2”.
- To transfer to a consultant at any time, say “TRANSFER” or press the star (*) key.

Tips and Tricks

1. Want to skip the introduction and get directly to a consultant? Say “TRANSFER” or press the Star (*) Key at any time and your call will be forwarded to a consultant.

2. Don’t get through immediately to a consultant? Leave a message, and a consultant will return your call as soon as possible. If it is after 5 p.m. or on the weekend, your call will be returned on the next business day.

3. Difficulties with the “keyword” system to get to a topic? Try entering the topic number in the brochure(s) or request a “MASTER LIST” of topics to see everything that is available by saying “TRANSFER” or pressing the Star (*) Key and request the list from a consultant.

The information provided is available to educate child care professionals about health topics. It does not replace licensing requirements or the information provided by a health care provider.

The Warmline for Oklahoma Child Care providers offers free telephone consultations to child care providers on numerous topics of concern. Consultants refer providers to appropriate services and resources within their communities.

A consultant can help:

- Clarify a problem.
- Provide information, including printed materials, if available.
- Help generate ideas and solutions.
- Offer guidance on developmentally appropriate practices.
- Provide referrals to meet individual needs and requests.
- Direct providers to relevant resources to assist with a concern.
- Provide follow-up when needed.

Consultants answer the Warmline Monday through Friday from 8 a.m. until 5 p.m. Messages left after hours will be answered as soon as a consultant is available. Pre-recorded topics can be accessed anytime.

OKDHS Pub. No. 05-03c

Revised 8/2009

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Child Care Warmline

888-574-5437

Care and Safety Topics



See our other brochures for these topics.

- Health Topics
- Behavior and Development



Oklahoma State
Department of Health
Creating a State of Health

Child Care Warmline 1-888-574-5437

Injuries, Emergencies, and First Aid

4903 Biological Terrorism Agents
4900 Bites: Animal & Human
3105 Bites: Insect Bites and Stings
4936 Bites: Snakes
4939 Bites: Spiders & Scorpion Stings
4943 Bites: Tick
4851 Blisters
4905 Bruises
4944 Carbon Monoxide Poisoning
3300 Child Abuse & Neglect
1318 Child Abuse: Reporting in Oklahoma
4909 Choking
4906 CPR or Cardiopulmonary Resuscitation
4934 Cuts, Scrapes, & Scratches
3107 Drug Allergy
4912 Electric Shock
4206 Eyes: Scratch on the Surface of the Eye or Corneal Abrasions
4220 Eyes: Something in Your Eyes
4212 Eyes: Symptoms Demanding Immediate Attention
3178 Finger Dislocation
4917 First Aid for Full-Thickness or Third-Degree Burns
4916 First Aid for Partial-Thickness or Second-Degree Burns
4915 First Aid for Superficial or First-Degree Burns
3109 Food Allergy
4918 Food Poisoning
3185 Fracture Treatment
4922 Frostbite
3413 Head Trauma
1314 Heat Exhaustion or Heat Stroke?
4924 Heat Illness
3728 Hernias in Children
3192 Hip Dislocation in Childhood
4127 Ice Therapy

3210 Muscle Strains
3212 Neck Injuries
3214 Neck Strain
3270 Nose Injury
3956 Nosebleed or Epistaxis
3227 Pulled Elbow in Children
4929 Puncture Wounds
3271 RICE: Rest, Ice, Compression, Elevation
3957 Ruptured Eardrum
4423 Second Hand Smoke
3113 Severe Allergic Reaction or Anaphylaxis
4940 Splinters
3245 Sprains
3152 Sprains: Ankle
3202 Sprains: Knee
3255 Sprains: Wrist
3246 Stress Fractures
4871 Sunburn

Prevention Strategies

1317 Animal Friends in Child Care: Safety Issues
4252 Antibiotics
4946 Baby Walkers
4653 Childproofing Your Home
3102 Controlling Your Environment When You Have Allergies
3852 Dental Care for Children
4656 Drowning Prevention in Children
4441 Flu Shots
4122 Fluid Replacement
1315 Hand Washing in Child Care
4925 Home First Aid Supplies
4430 How to Talk with Your Doctor
4663 Immunization Schedule for Children
4945 Insect Repellent Use
3800 Lead Poisoning Prevention in Children
4270 Medications: Nonprescription
3735 Medications: Safety in Children

4256 Medications: Talking with Your Provider about Your Medications
4268 Medications: Using them Safely
4662 Noise & Hearing Loss
1316 Playground Safety
4669 Preventing Burns & Scalds
4913 Prevention of Injuries from Electric Shock
4226 Safety Eyewear
4674 Safety Seats for Children
4942 Tetanus Vaccine

Caring for the Caregiver

3624 Early Warning of Heart Attack
3703 Positive Attitude
4425 Stress
4426 Stress Management
4427 Stress: Management with Deep Breathing
4428 Stress: Management with Mental Imaging
4429 Stress: Management with Progressive Muscle Relaxation

Exercise and Nutrition

4739 Breast Feeding & Giving Your Baby Enough Milk
4738 Breast Feeding Advice
4129 Exercise for Kids
4735 Fast Food
3109 Food Allergy
3725 Formula Feeding
4728 Healthy Diet
3754 Healthy Meal Planning for Children
4737 Healthy Snacks for Children
4741 Iron in the Diet
4742 Vitamins & Minerals for Children
3797 Weaning from Bottle to Cup
3798 Weaning from Breast to Bottle
3799 Weaning from Breast to Cup